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## Your 3-Day Emergency Food Supply

### Shelf-stable foods and the Food Guide Pyramid

The amount of food you need depends on your age, gender, physical condition and activity level. The general nutrition guidelines for a 3-day supply, shown in the table below, are based on the Food Guide Pyramid.

Bread, Cereal, Rice and Pasta Group	
18-33 servings for 3 days (6-11 servings daily)	Crackers, dry bread sticks, pretzels, melba toast, read-to-eat cereal, granola bars, rice cakes, popcorn cakes. <b>If you can boil water, include</b> instant cereal, instant rice and cup-a-noodles.
Vegetable Group	
9-15 servings for 3 days (3-5 servings daily)	Canned vegetables, canned vegetable soups. <b>If you can boil water, include</b> instant vegetable soups and instant potatoes.
Fruit Group	
6-12 servings for 3 days (2-4 servings daily)	Canned fruit, fruit leather (roll-ups), applesauce, dried fruits (raisins, prunes, apricots), canned or bottled fruit juice. <b>If you can boil water, include</b> Powdered fruit drinks.
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group	
6-9 servings for 3 days	Canned tuna, canned chicken/turkey,

<b>Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group (continued)</b>  (2-3 servings daily)	canned meat, canned soup with meat, canned chili (meat or bean), sardines, canned beans, canned ravioli/spaghetti, canned ham/pork, canned stew, Vienna sausage, nuts, commercially prepared turkey or beef jerky. <b>If you can boil water, include</b> instant soup (meat or bean).
<b>Milk, Yogurt and Cheese Group</b>	
6-9 servings for 3 days (2-3 servings daily):	Canned evaporated milk, canned pudding, boxed (shelf-stable) milk or soymilk. <b>If you can boil water, include</b> powdered milk.

Plan to have on hand **one gallon of water per day, per person**, for drinking, cooking and personal hygiene

*Taken from: Louisiana Floods: Living with hurricanes, LSU Ag Center*

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